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'I was scared for my life'

Woman says racist attack at LRT station forced her to flee Calgary for Ontario

NEIL MACKINNON
neil.mackinnon@metronews.ca

Alleged racial slurs hurled by a knife-wielding skinhead at a city LRT station left a young black woman feeling like she had no choice but to leave Calgary.

Last Friday around 11:30 p.m., Peta-Gay Smith, 20, just finished work and was hoping to board a southbound train at Erlton Station when she said a group of five white supremacists shouted racial epithets and threatened her with a "Rambo-style" knife.

"I was so scared," Smith told Metro exclusively. "It was the first time anyone had ever called me a nigger but that was the last thing on my mind, I was scared for my life, I'd never had anyone come at me like that."

A bystander stepped in, punching the would-be attacker in the face before he could reach her and a melee broke out, Smith said.

"I'd probably be dead if it wasn't for that."

Calgary police confirmed the presence of a knife in the fight , which was caught on transit security video, but those involved had fled the scene by the time cops arrived and Smith never filed a report of her own.

Smith said she bolted off the platform, running down the street with tears flowing, searching every alleyway, "afraid skinheads might dart out at any time."

She hadn't planned to, but Saturday morning she moved back to Ontario.

It was a hasty decision, but Smith said she won't be coming back to Calgary until she can drive.

"I don't feel like it's safe to ride the train at night anymore."
Peta-Gay Smith, 20

"I don't feel like it's safe to ride the train at night anymore," she said. "I'll always be wondering when they're going to turn up."

Diversity resources Const. Christine Robinson said clashes between neo-Nazis and minorities are "quite rare" in Calgary and she hopes Smith steps forward so a proper investigation can be conducted.

"This is absolutely unacceptable and as a police service, we take these situations very seriously."

Zoo birth **How about Alfalfa?**

PHOTO COURTESY OF THE CALGARY ZOO

A newly born baby giraffe hangs out with her mom Carrie at the Calgary Zoo yesterday. The baby was born on Tuesday and joins the existing four giraffes in the African Savannah Exhibit. A name hasn't been chosen yet.

Man sought in ATM holdup

KNIFE-POINT City cops released a photo yesterday of the man they believe is responsible for three recent drive-thru ATM knife-point robberies in hopes the public will help bring him to justice.

The Caucasian man, is described as being between 20-25 years old, six-feet tall, 160-lbs., with a slim build and some facial hair.

On Tuesday around 11 a.m., the suspect jumped into the vehicle of a woman in McKenzie Towne and demanded she withdraw a large sum of money, to which she complied. He is also the suspect in two similar assaults the day before. Anyone with information is asked to call police at 266-1234.

Suspect

METRO CALGARY

Canada page 3
Feds lease 8 choppers

Food page 10
All eyes on spuds in 2008

Celebrity page 14
Jennifer, John to play house

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Edworthy Park assault leads to police warning
Calgary police called for "increased vigilance" yesterday after a recent assault on a woman in Edworthy Park. Staff Sgt. Beverly Voros encouraged women to run with a partner or a dog, stay on main pathways and turn down their music so they can hear if anyone is approaching them. METRO CALGARY

Local

"I don't agree with what they are doing at all, police should be more involved in situations like this."

Dylan Callaghan, when asked about the recent Neo-Nazi movement in Calgary.

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ROBIN KUNISKI/FOR METRO CALGARY

Kurt Bauert hopes he doesn't get carpal tunnel after signing the back of 6,500 lotto Lotto 6-49 tickets he bought yesterday. Bauert won $6,500 from JACK FM to buy tickets for last night's draw.

Contest winner gets 6,500 chances to win

NEIL MACKINNON
neil.mackinnon@metronews.ca

"The odds are I'm going to win some cash, how much, well that's still to be determined."
Kurt Bauert

LOTTO 6-49 He's yet to win a dime, but his prospective winnings are pretty much spoken for.

New Lego and video games for the kids, a couple trips abroad, donations to needy causes, and sure, Kurt Bauert feels lucky, mostly because he's got the numbers on his side.

Bauert spent more than an hour yesterday morning at the 7-11 on 39 Ave. NE, accruing a three-inch pile of lottery tickets, 541 pieces of paper and 3250 sets of numbers in total, spending the $6,500 he won in a Monday contest from Jack FM with high hopes of winning at least part of last night's $24 million Lotto 6-49 draw.

"I'm just thinking positive," said Bauert, 45, hoping to edge his fortune in favour of the jackpot. "The odds are I'm going to win some cash, how much, well that's still to be determined."

Several prospective ticket buyers were turned away yesterday as Bauert tied up the machine.

CRTC blames provider for toddler's death

Company says internet-telephone rules are unclear

KRISTA SYLVESTER
krista.sylvester@metronews.ca

A national regulator has determined that the internet telephone company that took a botched 9-1-1 call that may have resulted in a Calgary toddler's death should be held accountable

The Canadian Radio-Television and Telecommunications Commission (CRTC) released public documents after an investigation into the death of 18-month-old Elijah Luck in April.

The CRTC ascertains national Internet phone provider Comwave's call takers didn't follow proper procedure, according to general director Paul Godin.

"We're confident if the rules and regulations are adhered to the system works."
Paul Godin, CRTC general director

"They didn't follow the proper procedures. We're satisfied that the rules and regulations were not adhered to," Godin said. "We're confident if the rules and regulations are adhered to the system works."

The Luck family was using Comwave as a long-distance provider, and called 9-1-1 in an emergency when their son started convulsing. Tragically, the ambulance was sent to the Luck's old address in Ontario and the family waited half an hour for one in Calgary.

There isn't much that can be done yet though in terms of punishment, he added.

But Comwave CEO Yuval Barzakay said in a statement that they followed the rules that were established in 2005.

Alison George, a company spokesperson, told Metro that Comwave will adhere to the new CRTC regulations set out on Monday, but they believe the onus of responsibility is unclear.

"They believe there is a lack of clarity in the rules and there should be clearer regulations," she said. "It's tragic that this had to happen."

City zoo dedicates gateway to province

ALICIA FOX
for Metro Calgary

UPGRADES The Calgary Zoo's shiny new north gateway has been dedicated back to the province.

Dubbed Alberta Plaza, the gateway to the zoo was given the honour in recognition of "outstanding leadership, support, and commitment to the mission and vision of the zoo," read the dedication plaque along with yesterday's date.

Featured near the entrance is a parade of sculpted metal animals leading up to wickets where zoo tickets can be purchased, eliminating the tunnel that patrons previously stood in.

"The zoo is more than a tourist attraction," said Cindy Ady, minister of tourism, parks and recreation. "It gives people a taste of the wild side in the city."

ROBIN KUNISKI / FOR METRO CALGARY

Premier Ed Stelmach got acquainted with Virgil the Virginia opossum yesterday at the unveiling of the new North entry, Alberta Plaza, for the Calgary Zoo.

Premier Ed Stelmach was also in attendance, signing a large number of kids' hats alongside Mayor Dave Bronconnier after the dedication and unveiling of the plaque.

"The government is very proud to support the zoo and its ongoing (development)," said Stelmach, adding that the zoo is a place to "let my mind wander" and kick back and relax from legislative duties.

News in brief

OFFICER INJURED An RCMP officer is in stable condition after being struck by a car attempting to avoid a spike belt in a high-speed chase yesterday.

SENTENCE An assault on a linesman two years ago landed Robert Joseph Simard 30 days in jail for pushing linesman Rory McCuaig to the ground and kicking him in 2006.

METRO CALGARY

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What's online today.

Watch video reports on women's safety and on new brain imaging technologies being developed at the University of Calgary
Check MetroTube of the Day for a clip of Mr. T's ill-fated candy bar ad
Search for jobs using Metro's Workopolis search

Economy over environment
Forty-five per cent of Canadians said economic growth was most important while 44 per cent chose the environment, in a new poll about quality of life. REUTERS

Canada

Border ID cards

New high-tech identification cards to help Saskatchewan people cross the United States border will be introduced next year, the provincial government says. Special driver's licences that can be used instead of passports at land border crossings will be introduced by June.

Canada getting new helicopters

NATO called on for more help

Canada is leasing up to eight Russian-built choppers to fly troops around southern Afghanistan and protect them from the threat of roadside bombs and ambushes, Defence Minister Peter MacKay says.

MacKay described the move yesterday as a stopgap measure until Canada can take delivery of American-built Chinook transport choppers.

As well, Canada is also leasing unmanned aerial vehicles used for reconnaissance over the Afghan battlefield until it gets possession of the drones it wants to purchase. He noted that Canada isn't going to add more troops.

"We're doing our bit. We're doing enough."
Peter MacKay

MacKay also demanded that other NATO nations step up with contributions of troops and equipment in southern Afghanistan, which he called a "flashpoint."

"We're doing our bit. We're doing enough," MacKay said.

Canada will increase its troop levels by 200 with the increase in new equipment.

TORSTAR NEWS SERVICE

Quebec City **Tory retreat**

MATHIEU BELANGER/REUTERS

Prime Minister Stephen Harper walks off his airplane with his son Ben and his daughter Rachel as he arrives in Quebec City to attend the Conservative Party National Caucus Retreat at the convention centre in Levis yesterday.

B.C. bus escapes landslide

OLYMPICS A small tour bus narrowly missed being crushed in a massive landslide that buried a highway that is scheduled to play a key role in the 2010 Winter Olympics in Vancouver.

Officials warned yesterday it could take at least five days to remove the tons of debris that fell on the highway south of the town of Squamish, British Columbia.

800 The highway is undergoing an upgrade costing nearly $800 million, but officials said the slide won't effect the upgrade.

No injuries were reported in the slide, which happened late Tuesday night, but police admit they do not know for certain if any vehicles were trapped under the debris, so heat sensing equipment was used to survey the site.

The highway is the only direct link between Vancouver and Whistler.

REUTERS

News in brief

BORDER SENSITIVITY The federal government is putting border officials at Toronto's Pearson airport through sensitivity training so they can more appropriately deal with Arab and Muslim passengers. 500 border services officers will received the mandatory training.

POLITICS A Liberal MP has filed a complaint over the Conservative party's use of taxpayer-funded mailouts — an allegation the Tories call unfounded. Mark Holland says the Tories are breaking bylaws by mailing campaign literature with taxpayer funds. METRO CANADA

Prison overcrowding not likely: Day

HEALTH Ottawa's push for longer jail terms will not result in overcrowded prisons or ballooning corrections costs, Public Safety Minister Stockwell Day says.

Day said yesterday that he's confident that Canada can implement new mandatory jail terms for serious crimes and still avoid the U.S. example of having those new sentences cause a dramatic increase in the prison population.

"The course that we are taking in terms of criminal justice reform and corrections reform is not reflective of what happens in the United States at all," Day said yesterday during a Conservative caucus meeting.

Day is betting that the longer sentences for drug and gun offences will deter people from committing the crime in the first place.

"Once you send out a message that you are becoming serious ... that alone starts to have a deterring effect on those who looking at the risk/ reward equation in terms of getting into crime," Day said.

The new laws came into effect May 1.

TORSTAR NEWS SERVICE

resources capable

Justice Minister Rob Nicholson said he's been assured by his provincial counterparts that "the resources are available" to cope with any increase in inmates.

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Presidential campaigns spending already tops $50M
U.S. presidential candidates have spent some $50 million and aired more than 100,000 TV ads since the start of the general election campaign in early June, far outpacing the rate of the 2004 campaign, a University of Wisconsin Advertising Project report showed yesterday. REUTERS

World

Obama a celeb, not a leader: Republicans

Republican presidential candidate John McCain opened up a new line of attack on Democratic rival Barack Obama yesterday, labelling him a celebrity without the strength to bring change to Washington. McCain's campaign launched a new television advertisement to run in key battleground states called "Celeb" that uses images of U.S. celebrities Britney Spears and Paris Hilton and Obama's speech in Berlin last week to accuse Obama of being all talk and little action. REUTERS

Haitian standoff ends peacefully

UN Dozens of ex-soldiers emerged from a former military headquarters in Haiti yesterday in a peaceful end to a 24-hour standoff with police and UN peacekeepers, officials said.

The former soldiers seized one-time army buildings in Cap-Haitien, Haiti's second largest city, Tuesday to demand the reinstatement of the disbanded army and 14 years of back pay.

Currents derail one-armed man

EUROPE Olivier Desmet, 56, came agonizingly close to becoming the first one-armed man to swim the English Channel, but was forced to abandon his bid within sight of the French coast when strong currents dragged him off course. REUTERS

Israeli PM set to step down

Surprise doesn't change peace goal: U.S.

Middle East peacemaking was in turmoil yesterday after Ehud Olmert, dogged by corruption probes, said he would resign as prime minister after his party picks a new leader in September.

Israeli politicians and analysts said Olmert's surprise announcement could force an early election, which opinion polls show could be won by rightist leader, Benjamin Netanyahu.

"I have decided I won't run in the Kadima movement primaries, nor do I intend to intervene in the elections," Olmert said, referring to his ruling centrist party.

Olmert vowed not to "ease up" on peacemaking "for as long as I remain in office."

The White House said its goal of getting Olmert and Palestinian President Mahmoud Abbas to reach a peace deal this year was unchanged. Palestinian negotiator Saeb Erekat said the negotiations would continue despite Olmert's announcement. REUTERS

9 wounded in West Bank violence

• Israeli troops wounded nine Palestinians in the occupied West Bank yesterday in a clash with stone-throwing protesters at the funeral of a 10-year-old boy killed a day earlier, Palestinian medics said. They said the Israelis had shot the protesters with rubber bullets. A 21-year-old Palestinian was hit in the head and doctors described him as brain dead.

New York **Bug delays flights**

REUTERS/JOSHUA LOTT

Customers wait in line after a computer glitch crippled the baggage handling system at the American Airlines' Terminal 8 at New York's John F. Kennedy International Airport yesterday.

News in brief

CONTEMPT A U.S. congressional panel voted yesterday to find former presidential adviser Karl Rove in contempt for defying a subpoena to testify in its probe into suspected political meddling at the Justice Department. On a vote of 20-14, the House Judiciary Committee approved a citation against President Bush's former deputy chief of staff. REUTERS

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HP, Intel, Yahoo study ways to make web a utility
Hewlett-Packard, Intel and Yahoo said yesterday they are teaming up with academic researchers in Asia, Europe and the U.S. to create a network that lets researchers test web services that can reach billions of users at once. REUTERS

Business

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WestJet's profit triples

AVIATION WestJet Airlines Ltd.'s second-quarter profit nearly tripled from last year when a one-time charge for a failed reservation system marred its results, Canada's No. 2 airline said yesterday. Operating earnings, however, fell 10 per cent as fuel costs surged and its planes flew less full. REUTERS

Boeing interested in Mitsubishi jet

AIRCRAFT Boeing will be involved in Mitsubishi Heavy Industries' regional jet, which will go head to head with planes made by Bombardier — but its main focus will continue to be on large aircraft, Boeing's Japan head said. REUTERS

Feds to curb big spending

Although Canada is still on track to record a budget surplus this year, the government has no plans for big spending projects or major tax cuts in the near future, Finance Minister Jim Flaherty said yesterday.

Canada posted a budget deficit of $517 million for April and May as corporate and sales tax collection fell sharply. Ottawa has estimated a surplus in 2008-09 of $2.3 billion, down from the expected surplus of $10.2 billion for 2007-08.

"This is a time of economic slowdown," Flaherty told reporters. "I'm satisfied and I'm confident that we're on track in terms of our revenues and expenses over the year but this is not a year for big new spending projects or big new tax reductions."

Canada has recorded 11 budget surpluses in a row and the idea of a deficit would be very damaging politically. REUTERS

"This is not a year for big new spending projects or big new tax reductions."
Jim Flaherty

Retail veteran to head Zellers

STORES Hudson's Bay Co named Canadian retail veteran Mark Foote as chief executive of its Zellers discount chain yesterday. Foote, most recently president and chief merchandising officer at Loblaw Cos., starts work at Zellers in mid-August. REUTERS

Bush signs U.S. housing bill

ECONOMY U.S. President George W. Bush yesterday signed into law a sweeping housing market rescue package that launches a $300 billion US initiative to refinance troubled mortgages, and boosts oversight of morgage lending giants Fannie Mae and Freddie Mac. REUTERS

METRO Calgary

3030 – 3 Avenue NE, Suite 120
Calgary, AB T2A 6T7
Tel: 403-444-0136
Fax: 403-539-4940
Advertising:
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Editorial:
calgaryletters@metronews.ca
Distribution inquiries:
calgary_distribution@metronews.ca
metro_inquiries@metronews.ca
calgaryletters@metronews.ca

Local:
Publisher, Steve Shrout
Managing Editor, Darren Krause
darren.krause@metronews.ca
Marketing Manager, Blaine Schlechter
Distribution Manager, Dave Mak
National:
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Politics
International Olympic Committee officials cut a deal to let China block sensitive websites despite promises of unrestricted access, a senior IOC official admitted yesterday. **REUTERS**

Beijing Games

SPECIAL FEATURES EDITOR: STEPHANIE BOMBA, STEPHANIE.BOMBA@METRONEWS.CA

FIFA orders clubs to release players

SOCCER World soccer's governing body FIFA has told clubs they must release any players aged under 23 selected for the Olympics after rejecting a protest by three European teams.

In a statement issued yesterday, FIFA said Players' Status Committee member Slim Aloulou had ruled as a single judge that the release of players was mandatory for all clubs.

No place on team for champ: Ruling

ATHLETICS Former world triple jump champion Charles Friedek lost his legal bid for a place on Germany's Olympic team yesterday, the German Athletics Federation said.

Sports in brief

DOPING China has stood by the life ban imposed on swimmer Ouyang Kunpeng for doping, saying athletes must take responsibility for the food and medicine they consume.

POLLUTION China is mulling emergency plans to keep Olympic skies clear and may push more cars off the road in Beijing and nearby cities if wind or rain do not disperse smog build-ups, government advisers said yesterday. **REUTERS**

Tomorrow's lineup

SAY WHAT? What many Chinese consider idle chit-chat has now become the latest area of censure in Beijing as it prepares for an influx of Olympic visitors. Pick up tomorrow's Metro for more.

7 days remain until the start of the Olympic Games in Beijing.

Funding flawed

Criteria too general, athlete Riker-Fox says

CAIT WILLS
for Metro Canada

When Joshua Riker-Fox got the news he would be representing Canada at the Olympic Games in Beijing, he was too busy scrambling to survive to celebrate.

"I've been relying on money from fundraising events in my hometown and private donations for the last six years," the world-ranked modern pentathlete says, adding there is a glaring difference in funding between winter and summer Olympic sports.

In order for an athlete to receive federal government funding, or carding from Sport Canada, there is an analysis of "the technical needs of the sport, as measured by the number of athletes required to field a team," and the "results of the Olympics ... and World Championships in the last four-year period."

Riker-Fox contends the criteria in place are too general and the funding process for athletes needs to be reviewed on a case-by-case basis.

"There is a major flaw in the formula used to analyze carding," he said. "They have two different tools: They look at historical performance at the Olympics, but — especially in the case of the modern pentathlon — there isn't enough data for analysis. There were no women in this field before 2000 at the Olympics, and Canadian men haven't qualified since 1992."

And, because the modern pentathlon involves highly specialized skills, Riker-Fox says participation in the sport is lower than others, which he says makes a numerical analysis of participants unfair.

"They look at our sport and say, 'Josh, we can't give you any money because there isn't historical representation.' But I've made contributions; I've medalled at the Pan Am Games," he said. "This is all motivated by government bureaucracy," and, he says, is not an effective way to show summer sport athletes that the federal government supports their endeavours.

> **"Is there an imbalance? Yes. Is it being corrected? Yes."**
> Steve Keogh

Riker-Fox also says the Canadian Olympic Committee has been concentrating on its own mandate to the detriment of summer sport athletes. The COC is responsible for the Own The Podium program, which is concentrating on funding athletes who will participate in the 2010 Winter Games.

"Is there an imbalance? Yes. It is being corrected? Yes," Steve Keogh, director of communications for the COC, said about the differences in funding between the Road To Excellence Program, which funds summer sports athletes, and the Own The Podium Program.

In response to the assertion that the Road To Excellence Program has seen less federal funding, Alex Baumann, executive director of that program, conceded that "that certainly has been the case in the past," although the government has agreed to supply the program with $8 million this year and $16 million next year, as well as an annual influx of $24 million in perpetuity.

Another way the COC says it is rectifying any financial disparity is the new Athletes Excellence Fund, which Keogh says could benefit all athletes and is based solely on individual performance. Through this fund, medal winners will be able earn $20,000 for a gold medal, $15,000 for a silver and $10,000 for a bronze.

"We hope to pay out a lot of money," said Keogh.

While Riker-Fox has every intention of medalling during his event on Aug. 21, he says the continuing battle for funding has left lingering doubts about the entire Olympic funding process.

"We have been disregarded by them for so long," he said. "They don't understand what it means to put on a Canadian jersey and represent your country."

Facts

NAME: Joshua Riker-Fox
BIRTHDATE: Sept. 6, 1983
RESIDENCE: Delacour, Alta.
SPORT: Modern Pentathlon

CANADIAN OLYMPIC COMMITTEE PHOTO

Modern pentathlete Joshua Riker-Fox is competing on Aug. 21.

Women excluded from Saudi Arabia's Olympic team

When Saudi Arabia's Olympic team appears in Beijing, it will be conspicuous for the absence of women.

Rashed al-Heraiwel, head of the Saudi delegation, confirmed no women would be in the lineup, apparently due to clerics' opposition to women's participation in sport.

Heraiwel said now was not the time for the Saudi authorities to consider allowing women into sport.

"We'll cross that bridge when we come to it," he said, suggesting that issue had not been discussed due to the de-facto ban.

The Saudi Arabian Olympic Committee website (saudiolympic.org.sa) says the Olympic team will participate in five sports — athletics, shooting, swimming, weightlifting and equestrian events — but does not say how many athletes will attend the Aug. 8-24 Games.

A Saudi opposition activist called for a strong response against Riyadh's stance. "Bar countries that ban women athletes," Ali al-Ahmad urged Olympic sports authorities in May. **REUTERS**

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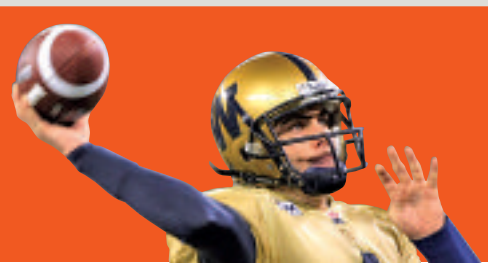
Leclaire signs three-year deal with Jackets

The Columbus Blue Jackets have re-signed goaltender Pascal Leclaire to a three-year contract. Financial terms of the deal were not disclosed. Leclaire is coming off his best NHL season, having posted a 24-17-6 record in 54 games with Columbus in 2007-08. METRO NEWS SERVICES

Sports



Dinwiddie wins weekly award

Winnipeg quarterback Ryan Dinwiddie, left, earned the CFL's offensive player of the week. He was joined in Week 5 honours, announced yesterday, by Edmonton defensive lineman Montez Murphy and B.C. Lions kick returner Ian Smart and wideout Paris Jackson. Dinwiddie completed 24 of 39 passes for a league-high 450 yards, and threw the game-winning touchdown to lead the Blue Bombers over the Calgary Stampeders.

SPORTS EDITOR: JONATHAN P. KUEHLEIN, SPORTS@METRONEWS.CA

Yankees add Pudge to replace Posada

MLB The day that Jorge Posada's season officially ended, the New York Yankees made a deal for his replacement behind the plate. New York dealt relief pitcher Kyle Farnsworth to the Detroit Tigers yesterday in exchange for 14-time All-Star catcher Ivan Rodriguez.

Rodriguez

"He's still an everyday guy, and he's a significant upgrade," said Yankees general manager Brian Cashman. "He's having a good year, and we're excited to think that we've moved forward with something that was a need."

Posada underwent season-ending shoulder surgery yesterday, a procedure that will sideline him for four-to-six months. Jose Molina had replaced Posada in the meantime, but now the Yankees have a possible Hall of Famer to plug in behind the plate.

METRO NEWS SERVICES

Sports in brief

NBA Restricted free agent Luol Deng has agreed to a long-term contract with the Bulls that will keep the forward in Chicago for years to come. According to a Chicago Sun-Times story yesterday, the deal is for six years and $71 million US.

MLB Carlos Pena homered and Carl Crawford tripled in a run to lead the Tampa Bay Rays to a 3-2 win over the Blue Jays in the rubber match of their three-game set in Toronto. The loss spoiled the major league debut of Canadian pitcher Scott Richmond, from North Vancouver, B.C. METRO NEWS SERVICES

LOTTERIES

Lotto 6/49 3, 10, 21, 26, 38 & 43. Bonus 48. Results not official

Dubois pulls off an upset

Canadian knocks off 13th seed to make it to third round

ELSA/GETTY IMAGES

Stephanie Dubois of Canada celebrates her win over No. 13 seed Maria Kirilenko of Russia during Day 3 of the Rogers Cup yesterday at Stade Uniprix in Montreal. Dubois defeated Kirilenko 6-2, 2-6,7-6(4).

World No. 1 Ana Ivanovic of Serbia opened her hard-court campaign with a laboured 6-3, 4-6, 6-3 win over Czech teenager Petra Kvitova to wobble into the third round of the Rogers Cup in Montreal yesterday.

Playing her first event since a shock third round exit at Wimbledon, the French Open champion arrived in Montreal with her No. 1 ranking under threat from compatriot Jelena Jankovic.

Ivanovic's first competitive match in nearly a month showed predictable signs of rust. She served six break points in her opening two service games none of which Kvitova was able to convert.

Local hope Stephanie Dubois and 15-year-old Portuguese qualifier Michelle Larcher de Brito pulled off a pair of second-round shocks by knocking out seeded opponents.

Dubois, who grew up in nearby Laval, had the support of raucous crowd at Jarry tennis centre as she rallied for a 6-2, 2-6, 7-6 win over 13th seed Maria Kirilenko of Russia.

Brito defeated 15th seed Flavia Pennetta of Italy 6-3, 0-6, 6-3.

REUTERS

Results

- **Stephanie Dubois (Canada)** beat No. 13 Maria Kirilenko (Russia) 6-2, 2-6, 7-6(4)
- No. 1 Ana Ivanovic (Serbia) beat Petra Kvitova (Czech Republic) 6-3, 4-6, 6-3
- No. 2 Jelena Jankovic (Serbia) beat **Aleksandra Wozniak (Canada)** 6-0, 6-4
- No. 3 Maria Sharapova (Russia) beat Marta Domachowka (Poland) 7-5, 5-7, 6-2
- No. 6 Anna Chakvetadze (Russia) beat Jill Craybas (U.S.) 6-2, 7-5
- No. 7 Dinara Safina (Russia) beat Anastasia Rodionova (Russia) 6-2, 6-4

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MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	PCT	GB
Tampa Bay	63	44	.589	-
Boston	61	48	.560	3
N.Y. Yankees	59	48	.551	4
Toronto	54	54	.500	9½
Baltimore	51	56	.477	12

CENTRAL DIVISION

	W	L	PCT	GB
Chicago Sox	60	46	.566	-
Minnesota	59	48	.551	1½
Detroit	54	52	.509	6
Kansas City	50	59	.459	11½
Cleveland	46	59	.438	13½

WEST DIVISION

	W	L	PCT	GB
L.A. Angels	67	40	.626	-
Texas	56	52	.519	11½
Oakland	53	54	.495	14
Seattle	40	67	.374	27

NATIONAL LEAGUE

EAST DIVISION

	W	L	PCT	GB
Philadelphia	58	49	.542	—
N.Y. Mets	58	50	.537	½
Florida	57	51	.528	1½
Atlanta	49	58	.458	9
Washington	38	69	.355	20

CENTRAL DIVISION

	W	L	PCT	GB
Chicago Cubs	64	44	.593	-
Milwaukee	60	48	.556	4
St. Louis	61	49	.555	4
Cincinnati	51	58	.468	13½
Houston	50	57	.467	13½
Pittsburgh	50	58	.463	14

WEST DIVISION

	W	L	PCT	GB
Arizona	54	52	.509	—
L.A. Dodgers	53	53	.500	1
Colorado	49	60	.450	6½
San Francisco	44	62	.415	10
San Diego	42	66	.389	13

YESTERDAY'S RESULTS

AMERICAN LEAGUE

Tampa Bay 3 Toronto 2
Chicago White Sox 8 Minnesota 3
Kansas City 4 Oakland 3 (10 ings)
L.A. Angels 9 Boston 2
N.Y. Yankees 13 Baltimore 3
Texas 4 Seattle 3
Detroit at Cleveland

NATIONAL LEAGUE

Chicago Cubs 7 Milwaukee 2
Cincinnati 9 Houston 5
Colorado 7 Pittsburgh 4
Florida 7 N.Y. Mets 5
Philadelphia 8 Washington 5
St. Louis 7 Atlanta 2
Arizona at San Diego
San Francisco at L.A. Dodgers

TODAY'S GAMES

AMERICAN LEAGUE

Detroit at Cleveland, 10:05
L.A. Angels at N.Y. Yankees, 5:05
Seattle at Texas, 6:05
Chicago White Sox at Minnesota, 6:10

NATIONAL LEAGUE

Chicago Cubs at Milwaukee, 12:05
Colorado at Florida, 5:10
St. Louis at Atlanta, 5:10
Philadelphia at Washington, 5:10
Arizona at L.A. Dodgers, 8:10

CFL

EAST DIVISION

	W	L	T	PTS
Montreal	2	3	0	4
Toronto	2	3	0	4
Winnipeg	1	4	0	2
Hamilton	1	4	0	2

WEST DIVISION

	W	L	T	GB
Saskatchewan	5	0	0	10
CALGARY	**3**	**2**	**0**	**6**
Edmonton	3	2	0	6
B.C.	3	2	0	6

WEEK 6

TONIGHT'S GAMES

Hamilton at Montreal, 5
B.C. at Edmonton, 8

TOMORROW'S GAME

Winnipeg at Toronto, 5

SATURDAY'S GAME

Saskatchewan at **CALGARY**, 6

BASEBALL

GOLDEN BASEBALL LEAGUE GAMES FEATURING THE CALGARY VIPERS:

LAST NIGHT'S RESULTS

Game 1 — **CALGARY** 14 Orange County 2
Game 2 — **CALGARY** at Orange County

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Bottom's up

Basements gaining status as developable and livable spaces

SONYA PROCENKO
for Source Media Group

IN 2008, the basement is alive and kicking. From wine cellars to home theatres to laundry centres, the basement has truly become a living space.

"Basements will start to get the full treatment, with all the upscale finishes and elaborate lighting that are usually found on the main floor," predicts interior designer LeAnne Bunnell. "Home theatres will continue to be the focus of these underground spaces, but integrated spa bathrooms and workout areas are on the rise."

New Home Living recently asked Bunnell and other Alberta experts about the basement in 2008. "Open plan is still strong and many homeowners are looking at the basement as the addition they already have," she says. "Wine-tasting cellars, customized storage rooms and some very luxurious laundry centres are bringing the basement into the light."

Finishing up

If the basement in your new or older home isn't yet finished, the first step is developing the basement well. "Basement development has not changed from a renovator's stand point," says Bill Young, co-owner, Edmonton's W.E. Young Renovations Ltd. "There are still four cold, gray, concrete walls that when cracked or the exterior grading is done incorrectly will make the home a hive for mould and mildew." His company looks at the basement as a "territory of untapped value." In every project, he says they intend to insulate the exterior of the foundation and create a barrier that stops the cold before it has a chance to penetrate the foundation and direct the water down to the weeping tile where it can be diverted away from the liveable space.

Young estimates a basement development could start at $25,000 for the structural and water tightness portion and the interiors at $30,000.

What are the dos and don'ts of basement development?

"Insulate and water proof your basement," advises Young. "Our company promotes both exterior and interior foundation insulation and proper water proofing and water removal prior to any development. Do not build anything that is intended to have value if there is visible water infiltration."

Windows, ceilings, floors & zones

Basement windows are getting larger. If the window is not that large, a full height window covering creates the illusion of a full height window, advises interior designer Elizabeth Arsenault.

"People prefer higher ceilings, so as not to create the "dungeon" feel or a place to just store extra stuff.

"The higher nine- and 10-foot ceiling, she says, allows for creating multi-functional rooms like a nanny suite, the full piece bath, wine cellars, cold storage, yoga and exercise rooms and the recreation/home theatre rooms for entertaining.

"These ideas are pretty standard, but "imagine the possibilities" with ideas such as studios and lounges."

If the basement is one big open space, she suggests, creating zones like the bar, television or recreation areas by placement of furniture or flooring. The latest trend in floor finish, she says, is stamped or stained (heated) concrete floors.

Home theatre to gaming

"From an electronic design perspective, the (basement) 'Home Theatre' experience is widening to encompass the gaming world with items like Nintendo's Wii which offers Guitar Hero, Microsoft Xbox, D-Box interactive driving experience …," says Ron Patrick, founder and president, Smart Home Systems. "We also see more integration of PCs for Internet usage as part of the family entertainment area."

EDITED FOR LENGTH BY METRO CALGARY

TORSTAR NEWS SERVICE

Adequate insulation and making sure moisture will not seep through is crucial in transforming a cellar-like area into, for instance, a home entertainment centre like the one above. Do not build anything that is intended to have value if there is visible water infiltration.

Going pro

Here's what to look for in a basement-renovation professional:

- Get at least three detailed quotes.
- Ask for references and pick three projects to call and see. Call references from jobs performed five years ago, to see how the contractor's work has performed over time.
- Ask the contractor if he or she is a member of a home builder's association with a written code of ethics and call to check his or her current standing. Find out how long the company has been in business.
- Ask for penalty clauses to be included in the contract if the expected completion date is exceeded.
- Get a written guarantee on the work.
- Beware of low-ball prices, where the contractor wins on extra materials. Try to plan the project carefully, so that there are as few surprise expenses as possible.
- Get letters of indemnity from subtrades that show they have been paid in full by the contractor. The standard 45-day hold-back period on completion of work is generally less effective than actually having letters from each worker.

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Food

"Look for firm and blemish free (no eyes) potatoes. A green tinge caused by prolonged light exposure indicates the presence of solanine, which can be toxic if eaten in quantity."

-Barb Holland/for Metro Canada

EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONEWS.CA

Celebrating the spud

À la carte

Barb Holland

Metro Food Writer

Versatile, inexpensive and nutritious, the ever so humble potato is finally getting its 15 minutes of fame. The United Nations General Assembly has named 2008 the International Year of the Potato in recognition of the tuber's 5,000 years on the planet and the fact that it can grow in poor soil and keep many hungry people alive. While grocery stores tend to market potatoes by colour or by cooking method, you'll find novelty spuds such as fingerlings, mini potatoes, red skinned yellow-fleshed potatoes and blue potatoes in local farmers' market and specialty greengrocers. The season for many of these potatoes is short, so get them while you can.

Creamy Potato and Dill Salad

If time permits, make salad the day before as flavour improves overnight. The buttermilk provides a tangy flavour and a creamy consistency. Makes 6 to 8 servings.

INGREDIENTS:

- 2 lb (1 kg) small red or white potatoes, unpeeled
- 2 tbsp (30 mL) white wine vinegar

Dressing:

- 1 tsp (5 mL) Dijon mustard
- 1 small clove garlic, minced
- 2 tbsp (30 mL) light mayonnaise
- 1/2 cup (125 mL) buttermilk or plain low fat yogurt
- 1/2 tsp (2 mL) salt
- 1/4 tsp (1 mL) pepper
- 3 tbsp (45 mL) chopped fresh dill

METHOD:

Scrub potatoes and cover with cold water in a saucepan. Bring to a boil. Reduce heat and simmer, covered, until potatoes are tender but not soft, about 15 minutes. Drain in colander until cool enough to handle.

Cut in halves or quarters, depending on size. Place in large bowl and sprinkle with vinegar. Let stand a few minutes until vinegar is absorbed.

Dressing: Place mustard and garlic in small bowl. Gradually whisk in mayonnaise to blend, then buttermilk, salt and pepper. Stir in dill. Pour over potatoes and stir gently to mix. Cover and refrigerate until ready to serve.

The United Nations General Assembly has named 2008 the International Year of the Potato.

Potato tips:

- Scrub rather than peel potatoes. The skin adds fibre, colour and texture but also prevents the potatoes from getting too watery. For even cooking, pick similar sized potatoes.
- Waxy or boiling potatoes: Long white, round red or round white with a thin skin, these potatoes are lower in starch and higher in moisture. They keep their shape, making them good for boiling, steaming, roasting, scalloped or gratin dishes.
- Floury or baking potatoes: Such as Russet or Idaho, have a long shape and thicker skin. High in starch and low in moisture, these are a good choice for baking or mashing.
- All-purpose potatoes: Such as the yellow-fleshed Yukon Gold have an even balance of starch and water, making it a good all-rounder.

Barb Holland is a professional home economist and food writer who believes in shopping locally and in season.

Langdon eyes Revolver gig
Actress Liv Tyler's estranged husband Royston Langdon is auditioning in Los Angeles to be Velvet Revolver's lead singer. The band's former front man, Scott Weiland, left the group in April. **E! NEWS ONLINE**

Entertainment

Rogen row
Comedy star Seth Rogen was reportedly thrown out of a party for his own movie, Pineapple Express, after fellow revellers accused him of smoking marijuana. IMDB.COM

EDITOR: TINA COSTANZA, TINA.COSTANZA@METRONEWS.CA

Rock vets dig up nuggets

Spirit of the West marks 25 years together

JIM REYNO
Metro Canada

In a shoebox, in a garage, somewhere in Vancouver — there might be a hit.

Maybe a drinking anthem like Home For a Rest, or a singalong classic like And if Venice is Sinking.

John Mann and Geoffrey Kelly, the songwriting team and co-founders of Celtic/pop/rockers Spirit of the West, are always sharing ideas, recording stuff.

"We have a lot of songs on tape that have absolutely no lyrics, with one of us just scatting the melody lines. Just reams of these, mini discs everywhere," said Mann, who keeps some in a shoebox in his garage.

"At some point, we're going to have to go through them, because I know we have some really good ideas there. But we just keep moving on, and moving on."

For 25 years. To celebrate, the five-piece band is touring and has released a double-CD retrospective: Spirituality 1983-2008: The Consummate Compendium. The 32 songs — including two new ones — were picked by the band.

"There's certain songs we couldn't leave out, like And if Venice Is Sinking, Save This House and Home for a Rest," said Mann. "But there are also songs on the album we hadn't been playing much, that we really loved and felt were good songs. They were more for ourselves, really, than for the fans."

Mann mentions Not Just a Train, recorded for the film My American Cousin, and the dark Pulling Lame: "There was a time when we were playing more electric, heavier songs, and we wanted that to be reflected, too. Because that was always a fun way to get our ya-ya's out."

Not that Spirit of the West is known for keeping its ya-ya's in. The band has always been about the crammed club, the flowing drinks and the immediacy of the performance.

"When we're playing live, we definitely pour our hearts into it," said Mann.

Spirit of the West has released a retrospective album.

"We're proud of what we do as a live band. We feel like we really put on a show and we work hard when we're out there. And we have fun — we're such great pals."

Still — a quarter of a century later, Mann and Kelly keep moving on. "We get together at each other's house and make each other coffee, and see what we have," said Mann.

Nine **Inch Nails**

Album: The Slip
Label: The Null Corporation
Release date: July 22
Rating:

SO THIS IS what being liberated from record-label constraints sounds like. And no matter the choice of format — free digital download (out since May 5), a CD with or without the limited-edition DVD set or even vinyl (due Aug. 5) — the end result will be the same: Trent Reznor capably channels his tortured soul through aggressive industrial power-pop or the occasional dark ambient instrumental trip. All accessible and ear-pleasing to boot. Reznor calls this a "thank-you" to his fans. Um, you're welcome. **Ian Nathanson**

more online

Read the rest of this week's CD reviews at *metronews.ca*.

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Bought the rights

50 Cent has bought up the rights to his ex-girlfriend Shaniqua Tompkins life story so she can never pen a book about her romance with the rapper. FEMALE.FIRST.CO.UK

Don't let your fingers talk

My single girlfriends have been bemoaning technology lately. Texting has improved shopping, dining and socializing in infinite ways. But it's become a dating detriment. Here's a typical exchange:

Him: Hey what's up? You: Not much. You? Him: Not a whole lot. Wanna to do something 2nite?

What happened here? Did he seriously deny me the thrill of hearing him squirm his way up to The Question? And what do my fingers say back?

I called Cara Anderson from Calgary-based Six Minute Dates for her take. (Six Minute Dates is just what it sounds like, but don't necessarily let that deter you. They've had 65 permanent couplings since they started in 2002. And there are several August events planned for age groups up to 45. Hit up *sixminutedates.com*.)

There are certain things that you shouldn't do over text.

Is it possible, I asked her, men are so intimidated by women that texting has become a saviour of sorts for their physically debilitating timidity?

"If a man is choosing to only communicate by text, he's got something else going on. No matter how shy," Anderson says.

Well, don't go sugarcoatin' it.

Anderson says texting should compliment dating communication, not take it over. Sweet nothings like, "Thinking about you" are acceptable. But technology hasn't revolutionized dating protocol beyond the need to dial a woman's digits. Especially for a first date.

So as my civic duty, here's a list of things that should NOT be requested over text:

- A date
- Forgiveness
- Sex
- Money
- Divorce/A Break/Permission to cheat

For those guys paying attention (the ones not composing a text to solicit one of the above), an army of PDA-wielding men has made things real easy for you. A basic phone call is so thrilling that it might melt a woman's heart. She may actually agree to your proposition. For a date, that is.

But if you're calling her today, you're cutting it close to the weekend. So you'd better make it good by offering her a ticket to Cirque de Soleil's Corteo (*cirquedusoleil.com*) or the Calgary Fringe Festival (*calgaryfringe.ca*), beginning tonight and Friday respectively.

Now, those are creative dates we won't say no to, even if we're just not that into you. And maybe even if you ask by text.

But if you do, this is how Cara Anderson says a lady's fingers should respond:

Sounds great. Call me.

Please send your family-friendly comments to slickcity@metronews.ca.

CA	Vu	SC		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
7/31/08 primetime	267	351	- ACCESS	Law & Order: Criminal Intent		Stargate SG-1		Don't Forget the Lyrics!		Grey's Anatomy		Help TV
	243	317	3 CFCN	eTalk	Jeopardy!	CSI: Crime Scene Invstgtn.		Flashpoint (HDTV) (N)		So You Think You Can Dance		News (N)
	-	-	4 BROAD	(4) Broadcast News News.		Broadcast News News.						
	-	371	5 KXLY	4 News at 6	4 News at 6:30	Entertainment	The Insider (N)	Ugly Betty (HDTV)		Grey's Anatomy		Hopkins
	245	306	6 CBRT	Coronation St.	Who Do-Think	jPod (HDTV) (DVS)		The Girls of Summer (N)		CBC News: The National		The Hour
	244	338	7 CICT	ET Canada	Entertainment	Swingtown		Last Comic Standing Finalists are revealed. (N)				News Hour
	246	-	8 CKAL	Friends	Friends	Hopkins (HDTV) (N)		Ugly Betty (HDTV)		Biography "Hugh Laurie"		Your City
	119	705	9 CBXFT	Squelettes	La Mosquée	Perdus (SC)		Bons baisers de France (SC)		Le Téléjournal (N) (SC)		TJ Alberta
	-	-	10 SHAW	(6) Local Programming						Local Programming		
	-	372	12 KREM	News (N)	Hollywood	Friends	Scrubs	Big Brother 10		CSI: Crime Scene Invstgtn.		Flashpoint (N)
	-	374	14 KSPS	NewsHour With Jim Lehrer		Pioneers of Television		Sherlock Holmes Mysteries		Globe Trekker (DVS)		Soundstage (N)
	502	390	15 CBC	CBC News: The National		The Nature of Things		CBC News: The National		CBC News: The National		Nature-Things
	-	370	16 KHQ	News (N)	Raymond	Jeopardy!	Wheel-Fortune	Last Comic Standing Finalists are revealed. (N)				Fear Itself (N)
	-	373	22 KAYU	'70s Show	The Simpsons	Two/Half Men	Two/Half Men	Don't Forget the Lyrics!		So You Think You Can Dance		News (N)
	297	652	37 WPIX	Supernatural (HDTV)		CW11 News at Ten		Two/Half Men	Friends	Sex and City	Will & Grace	Frasier
news	500	500	29 CNN	Larry King Live		Anderson Cooper 360 (HDTV)				Larry King Live		Cooper 360
	508	502	31 CNN2	Glenn Beck		Nancy Grace		Showbiz Tonight		Glenn Beck		Nancy Grace
sports	400	400	21 TSN	CFL Football		CFL Football BC Lions at Edmonton Eskimos. (HDTV) (Live)						WTA Tennis
	408	418	27 net	(6) MLB Baseball Chicago White Sox at Minnesota Twins.				Saturday Night Poker		Sportsnet Connected		Best-Sports
	410	403	30 SCORE	(6) To Be Announced			Score Tonight	The Spin With Steve Kouleas.		Score Update		Score Update
	411	457	44 OLN	Mark Williams' Big Bangs		Don't Forget Your Passport		Pilot Guides		Don't Forget Your Passport		Everest: Man
	417	406	48 SPEED	Pinks -- All Out (HDTV) (N)		Wrecked (N)	Wrecked (N)	Pinks	Pass Time	Pinks -- All Out		Pinks -- All Out
family	552	543	20 YTV	Drake & Josh	H2O, Just Add	Malcolm-Mid.	Prank Patrol	Fries That?	Futurama	Prank Patrol	Mystery Hnt.	Falcon Beach
	557	541	39 FAM	Zoey 101	Life Derek	That's-Raven	Smart Guy	Zack & Cody	Natural-Sadie	Han. Montana	Life Derek	Ned's School
	555	545	67 TOON	6teen	Johnny Test	George-Jungle	Merrie Melody	Loonatics	6teen	Total Drama	Futurama	*Teenage Mutnt*
cable variety	575	583	11 CMT	Reba	Hope & Faith	Home Improve.	Roseanne	Dedicated		Reba	Hope & Faith	Home Improve.
	553	546	17 TREE	Little Bear	Miss Spider	Comfy Couch	Rolie Polie Olie	Beren. Bears	Dragon (DVS)	Backyardigans	Dora-Explorer	Go, Diego, Go!
	-	-	18 CHTV	'70s Show	E! News	Final 24 "JFK Jr"		To Be Announced		Fear Itself (PA) (N)		News (N)
	505	398	19 TWN	(5) EarthWatch One		EarthWatch One		EarthWatch Two				
	602	568	23 W	Shopping Bags	House	Will & Grace	Friends	Divine Design	House	Confidential	Save Us-House	Open House
	521	560	24 TLC	American Chopper		Miami Ink (HDTV)		American Chopper		Miami Ink (HDTV)		Overhaulin'
	603	561	25 FOOD	Unwrapped	Unwrapped	Secret Life of	Secret Life of	Ace of Cakes	Ace of Cakes	Iron Chef America		Unwrapped
	615	520	26 A&E	The First 48 Cabdriver.		The First 48		Crime 360 (HDTV)		The First 48		The First 48
	617	522	32 SHOW	Trailer Park	Billable Hours	ReGenesis "Lethargica"		Intelligence		G-Spot	Exes & Ohs	Secret Diary
	601	562	33 SLICE	Last 10	Bulging Brides	The Biggest Loser		Rich Bride, Poor Bride		Last 10	Bulging Brides	Biggest Loser
	-	633	34 ENC2	(7:10) *Elvis Gratton II: Miracle in Memphis* (1999, Comedy)				*Mulholland Falls* ★★ (1996, Mystery) Nick Nolte, Melanie Griffith.				
	520	505	35 DISC	(6) Perfect Predators (N)		MythBusters		Daily Planet		Perfect Predators Sharks.		
	620	523	36 BRAVO	*Impromptu* ★★★ (1991, Comedy-Drama) Judy Davis.				Law & Order		Without a Trace		Entourage
	294	650	40 WPCH	MLB Baseball		Family Guy	Family Guy	Seinfeld	Frasier	*Hardball* ★ (2001, Drama) Keanu Reeves.		
	626	547	41 COM	Laughs	Comics!	Air Farce	22 Minutes	Laughs	Rick Mercer	The Simpsons	South Park	Reality Bites
	-	539	42 TCM	(6) *Monte Walsh* (1970)		*Bad Company* ★★★ (1972, Western) Jeff Bridges.				*A Man Called Horse* ★★★ (1970, Western)		
	628	584	43 SPIKE	TNA iMPACT! (N)				UFC Unleashed		MANswers	Factory (HDTV)	Wild World
	522	516	45 HIST	Disaster-Cent.	Masterminds	NCIS "Under Covers"		Servants of Evil: Waffen SS		Exploring Hitler's Mountain		NCIS
	627	528	46 SPACE	The Triangle "Part Three" (Part 3 of 3)				Stargate SG-1 "Chimera"		Star Trek: Voyager		Star Trek: Ent.
	-	-	47 AMC	(6) *Road House* ★★ (1989, Action)			*National Lampoon's Animal House* ★★★ (1978, Comedy)				Mad Men	
	619	525	49 TROP	Tube Tales	Vanity Insanity	Inside Hollywood (DVS)		ET Canada	What Happen?	Family Guy	Seinfeld	Seinfeld
	600	564	50 HGTV	The Fix	Disaster DIY	Junk Brothers	The Big Flip	Holmes on Homes		Restaurant Makeover		The Fix
	501	391	52 CTV	CTV Newsnet		News	CTV Newsnet	News	CTV Newsnet	News	CTV Newsnet	News
	504	508	70 BNN	Taking Stock		Market Call		Business News		Market Call	Strictly Legal	Taking Stock
	526	507	92 CLT	(6) *This Matter of Marriage*		Traders		The West Wing		The District		*This Matter*
	269	350	93 APTN	First Talk	News (N)	Overseas Leg.	From the Spirit	Canadian Geographic		Front Runner		The Mix
	-	-	94 MCP	(6:30) News	News	The Land	Daughters-Law	Vancouver	Main Office	Dheeyan Ghar	Sadabahar	Mor Deo Koi
	571	581	100 MMM	Canadian Idol	Uncovered	Celebracadabra		Canadian Idol		Canadian Idol	Uncovered	Celebraca
	570	580	101 MM	Muchmsc Ctdn	Instant Star	Instant Star	MuchTopTens		Gone Wild	Punk'd	Gone Wild	Muchmsc Ctdn
	581	566	102 MTV	Living on Edge	Living on Edge	True Life (N)		MTV Live		Buzzin	Run's House	True Life

critics' corner

Intelligence

Spalding (Klea Scott) attempts to sneak into Reardon's (Ian Tracey) criminal operation by placing an undercover agent in his strip club in this episode. Reardon is stuck with damage control — not because of the agent, but because of his brother (Bernie Coulson), who foolishly ordered the death of a snitch. 11 AM on SHOW

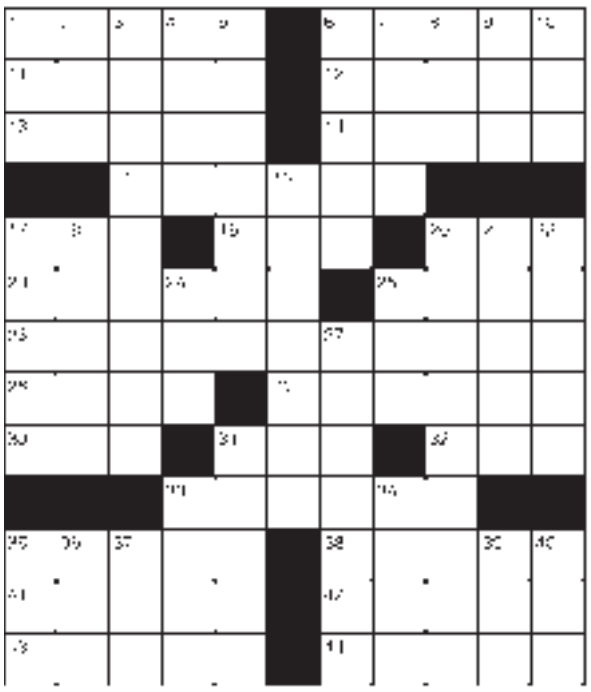
The Girls of Summer

Soccer isn't just a male sport. This new documentary follows Canadian teenage girls as they train to compete for a place at FIFA's U-17 (under 17) World Cup. You know they're serious if they're willing to be coached by a man whose nickname is "Death." In addition to the physical rigors of training, the filmmakers also document the emotional strain on the girls. 9 PM on CBRT

IntelleVision

A royal premiere
The next installment in the Harry Potter film franchise has been chosen as a feature at this year's Royal Film Performance.
Harry Potter And The Half-Blood Prince will have its European premiere in November in front of a member of the U.K. royal family. IMDB.COM

Take Five



Crossword down

1 Roof part
2 Jargon ending
3 Handspring's kin
4 Locks
5 Bakery treats
6 Spicy dish
7 Painter Holbein
8 Application info
9 Baby boxer
10 Harden
16 Sardonic sort
17 "Lost" character
18 Lucy's pal
20 Ignore convention
21 "Superman" star
22 Little hooter
24 Twisty fish
25 Greek X
27 Yule rings
31 Some die rolls
33 Reddish brown
34 Plunge
35 Rick's pianist
36 — nutshell
37 Squeak stopper
39 Historic time
40 Fast flier

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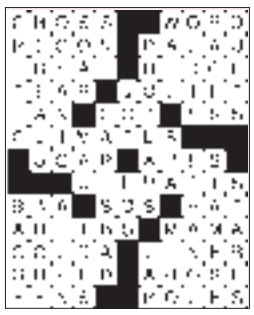
Crossword across

1 Actress Anne
6 Cowboy wear
11 Jacob's father
12 Dutch capital, with "The"
13 Hazard
14 Bumbling
15 Fishes with a net
17 Detective Archer
19 Jr.'s son
20 To's counterpart
23 Everyone else
25 Ship staff
26 Dairy buy
28 Boat part
29 Show sorrow
30 Angled pipe
31 Take to court
32 Dripping
33 Saudi Arabia's capital
35 Plains group
38 Kilmer classic
41 Biscotti flavor
42 Gardeners, at times
43 Soda fountain orders
44 Paint-spilling sound

previous day's answer



Horoscopes

AVATAR VENUS

ARIES
MARCH 21-APRIL 20
A genius engages you in a discussion. Someone in crisis makes flippant remarks. Weird coincidences are due to drastic changes.

TAURUS
APRIL 21-MAY 21
A stagnant situation appears to be shifting. Simply paying attention to a problem will fix it. A mediator will make changes in policy.

GEMINI
MAY 22-JUNE 21
A man presents a bizarre challenge. You must employ self-imposed restrictions. Get what you need to proceed.

CANCER
JUNE 22-JULY 22
Someone's nerves are near the breaking point. Temporary barriers will dissolve. A sensual man makes advances toward a woman.

LEO
JULY 23-AUG 23
An enemy wants to burn bridges. Arguments about self-indulgence will disgust you. Phone calls are more effective after lunch.

VIRGO
AUG 24-SEPT 22
Remain calm if lousy luck hits. Something radically changes your opinion. Somebody is stuck repeating old patterns.

LIBRA
SEPT 23-OCT 23
An unapproachable guy wants attention. Love shakes your soul to its foundation. A stranger knocks on the door.

SCORPIO
OCT 24- NOV 22
Delete all secret information from your mind. Someone will compliment you. Tone down somebody's hostile approach.

SAGITTARIUS
NOV 23- DEC 21
Take care to explain yourself thoroughly. Clouds will show their silver linings. Don't get exasperated while traveling.

CAPRICORN
DEC 22-JAN 20
A playmate wants you to take charge. Confusion may disrupt someone's carefully laid plans. A visitor isn't as bad as feared.

AQUARIUS
JAN 21-FEB 18
People praise your ability to get along with others. Believe in yourself and you will make it. A special situation gets on your nerves.

PISCES
FEB 19-MAR 20
Compliment a love-struck girl on her appearance. Insist on carrying out a revolting obligation. Construction will slow travelers.

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This day in history

JULY 31, 781: The oldest recorded eruption of Mt. Fuji (Traditional Japanese date: July 6, 781).
JULY 31, 1741: Charles Albert of Bavaria invades Upper Austria and Bohemia
JULY 31, 1790: First U.S. patent is issued; granted to inventor Samuel Hopkins for a potash process.
JULY 31, 1951: Japan Airlines is established.
JULY 31, 1976: Viking program: Viking 1 - NASA releases the famous Face on Mars photo.
JULY 31, 1981: 42-day strike of Major League Baseball ends in the United States.
JULY 31, 2006: Fidel Castro hands over power temporarily to brother Raúl Castro. This leads to a celebration in Little Havana.

Sudoku

					7		8	
2	5				1	3		
	1		4			2		
	9			2	6		1	
6								8
	4		5	7			9	
		5			9		3	
		9	1				5	7
	8		6					

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HOW TO PLAY SUDOKU:
The digits 1 through 9 will appear exactly once in each row, each column, and each zone. (A zone is an outlined 3x3 grid within the larger puzzle grid. There are nine of these zones in the puzzle.) Do not enter a digit into a box if it already appears elsewhere in the same 3x3 zone, or in the same row across the puzzle, or column down the puzzle.

previous day's answer

1	6	8	5	7	9	2	4	3
5	2	9	1	4	3	6	8	7
3	7	4	6	2	8	1	5	9
4	3	6	9	5	2	8	7	1
7	8	2	3	1	6	4	9	5
9	1	5	4	8	7	3	2	6
2	9	1	8	3	5	7	6	4
8	5	3	7	6	4	9	1	2
6	4	7	2	9	1	5	3	8

SUDOKU SOLVE TIME IN MINUTES:

Under 13. . . . . Genius
13-17 . . . . . Scholar
17-21. . . . . Smart
21-25 . . . . . Not bad
25+ . . . . . Keep practising

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Calgary weather

The Weather Network theweathernetwork.com

Afternoon	Tonight	Friday	Saturday	Sunday
Sunny. 23°	Clear. Low 9°	Sunny. 25°/ 10°	Partly sunny. 19°/ 9°	Partly cloudy. 20°/ 8°

Temperature Normals
High: 24.4°
Low: 9.1°

Records
High: 34.4°/1914
Low: 1.1°/1917

Sunrise: 6:00 a.m.
Sunset: 9:23 p.m.
Moonrise: 4:43 a.m.
Moonset: 9:14 p.m.

TWN incorporates MSC data

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Smith to reprise futuristic role

Will Smith, left, is to revive his role in the futuristic action movie I Am Legend for a prequel. Director Francis Lawrence has confirmed he is working on a followup to the hit 2007 film. **IMDB.COM**

Celebrity Buzz

Hudson and Armstrong call it quits

BREAKUP Kate Hudson and Lance Armstrong called it quits this weekend after a three-month romance, us-magazine.com reports.

"There was no drama or ugliness – they just decided to end things," a source close to the couple tells Us. "There is no hatred, just sadness."

The pair quickly became inseparable with sightings of them in Austin, Tex., New York and Los Angeles – though both dodged questions about their relationship.

In the short time they were together, the 29-year-old actress was seen with the 36-year-old cyclist at many of his races and events, including his three-day Lance Armstrong Livestrong Summit in Columbus, Ohio, this past weekend.

It was at the conference that Hudson and Armstrong decided to go their separate ways, a source tells Us.

Each had introduced the other to family. Hudson's mom Goldie Hawn gave what seemed to be her approval at a July 1 lunch at The Ivy at the Shore. Also, Hudson's four-year-old son Ryder went to a Father's Day brunch with Armstrong — and dad Chris Robinson – in June.

A rep for Armstrong had no comment while a rep for Hudson could not be reached.

METRO NEWS SERVICES

GETTY IMAGES PHOTOS

Doherty not over Moss

BREAKUP Pete Doherty is not over Kate Moss, femalefirst.co.uk reports.

The Babyshambles singer claims he has not been in a relationship since splitting from the supermodel a year ago.

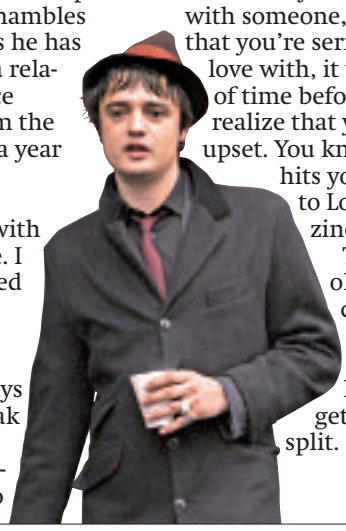
"I haven't shacked up with anyone since. I haven't shared my life with anyone," he said.

Doherty says his heartbreak has been so great, he hasn't spoken to Moss since they went their separate ways.

" When you split up with someone, someone that you're seriously in love with, it takes a lot of time before you even realize that you're upset. You know? It just hits you," he said to Loaded magazine.

The 29-year-old hopes he can use his songwriting to finally help him get over the split.

METRO NEWS SERVICES



celebrity brief

Swift denies dating Jonas

RUMOUR They'd sure make a right pretty couple, but Taylor Swift says she's not dating fellow singer Joe Jonas of the Jonas Brothers, People.com reports. "We're all friends," she said.

Besides, the 18-year-old has other pressing teenage concerns — namely, graduating from high school.

METRO NEWS SERVICES

Dickinson denies flashing pilot on NetJets flight

CONTROVERSY Janice Dickinson sure knows how to distract a pilot, PageSix.com reports.

The so-called original supermodel was on a recent private NetJets flight from Los Angeles to New York when she strolled into the cockpit and flashed the pilot, said a source.

She just went in and did a little shimmy and walked out," said the source. Dickinson tells us through her rep that she'd "admit it if I did it," but claims she didn't.

A NetJets rep declined to comment.

METRO NEWS SERVICES

Aniston's trial marriage

RELATIONSHIPS Jennifer Aniston and John Mayer are planning a "trial marriage," femalefirst.co.uk reports.

The couple, who have been dating for three months, are said to be keen to test the strength of their relationship, and think Mayer moving into Aniston's house is the perfect first step.

"John wants to settle down as much as Jennifer does," a source said. "What's more, he's been telling her that he thinks she is the one and she believes him."

Mayer's move into Jennifer's Beverly Hills mansion is set to happen after his tour ends in September.

The couple are also reportedly planning a family.

The source added to Britain's Grazia magazine: "John is the first guy since Brad who has talked seriously about having children and Jennifer is very excited about it."

METRO NEWS SERVICES

"This makes no sense at all..."

by Joe O'Neill

Yes! Another stage in the Tour de Lance is complete, and our courageous cancer-eating cyclist still wears the yellow jersey. I'm definitely ordering my beige "DUMPSTRONG" bracelet. My old yellow bracelet has too many cig burns on it.

Janice Dickinson is 53 years old. In model years, that's 1,006. The pilot is said to be recovering comfortably.

Not to downplay the serious nature of alcoholism, but I must disagree with Ms. Nielson. In fact, she reached rock bottom 16 years ago when she married Marc Gastineau. The handful of New York Jets fans reading this who can remember the early '90s are nodding silently right now.

A Britney Spears reality show is a terrible idea. It means the next time she "forgets" to wear panties, there's bound to be far more sophisticated photographic evidence. Not a good thing, unless you're a trauma counsellor.

Kudos to "Anisyer." A trial marriage is a great idea, because it makes the transition to the inevitable trial separation so much more seamless.

NEWSDESK@METRONEWS.CA

Best dressed couple
Angelina Jolie and Brad Pitt, right, have been named 2008's Best Dressed Couple. Vanity Fair magazine praised Jolie for the way she dressed while pregnant and noted Pitt's numerous stylish red-carpet appearances. **FEMALEFIRST.CO.UK**

Celebrity Buzz

Foxy's lawyer fires back at book lawsuit

BOOK DEAL Rapper Foxy Brown has lashed out at publishing executives after they accused her of failing to deliver an autobiography she was paid to write, femalefirst.co.uk reports.

Bosses at Simon and Schuster, Inc. claim Brown, whose real name is Inga Marchand, was handed $75,000 US in 2005 to pen her memoirs in a book titled Broken Silence.

The deadline was set for February 2006, but she is said to have never completed the work.

However, Brown insists company bosses approved her request to put the project on hold while she underwent treatment for sudden hearing loss, after she was diagnosed with severe deafness in both ears in December 2005.

"With Simon & Schuster's blessings, Foxy Brown underwent extensive surgical procedures and a lengthy recovery time, fighting to restore her hearing," her attorney Laura Dilimetin tells AllHipHop.com.

The statement goes on to claim that it was at this point that "Simon & Schuster decided not to go forward with the project."

Dilimetin adds, "Many attempts were made by Foxy Brown's agents to resurrect the deal, to no avail … I find it suspect that after all of these years of silence, Simon & Schuster pick now to bring this meritless action when they were the ones to halt the project.

METRO NEWS SERVICES

GETTY IMAGES PHOTOS

Ne-Yo proud of positive image

MEDIA Ne-Yo has slammed the media for rewarding the bad behaviour of troubled celebrities with hoards of press coverage, rather than focusing on their talents, femalefirst.co.uk reports.

The 28-year-old R&B star is proud of the fact that he's managed to dodge negative press throughout his singing career — but admits he's shocked that his fellow musicians are showered with media attention resulting from arrests, affairs and drug abuse.

"Image is the most difficult thing," he said. "Back in the day, you were judged off your music, or how many hits you had or the quality of your music."

METRO NEWS SERVICES

Gomez denies Miley rift

RUMOUR When it comes to Miley Cyrus, Selena Gomez tells Extra, "there's nothing there to talk about," usmagazine.com reports.

Rumours of a rift swirled last week after an old YouTube clip of Cyrus, 15, mocking Gomez, 16, hit the blogs. It surfaced the same week it was reported that Gomez was dating Cyrus' ex Nick Jonas. Cyrus later apologized.

But Gomez says the clip "is just the media wanting something to talk about and wanting us to fight. Everywhere you go, you're hearing things that are untrue. You just got to learn that if I don't say it, physically out of my mouth on camera, it's not true."

To prove she has no ill will, Gomez says she picked up "Miley's new CD. I really like her CD."

Gomez says she is thankful for fan support.

"It's overwhelming ... to know there are hundreds of kids out there that look up to me," she says. "I know that's a big responsibility. I am also very confident to say that it is wonderful and I'll do my best that I can do to be the best role model I can be."

METRO NEWS SERVICES

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Jamie Lynn headed to the altar

WEDDING Jamie Lynn Spears is marrying fiance Casey Aldridge in the autumn, femalefirst.co.uk reports.

The Zoey 101 actress, who recently gave birth to the couple's first child, Maddie, is busy planning her nuptials and intends to get married at her home in Mississippi.

"She loves everything about the area where she lives," a friend of the 17-year-old said. "She's not going to get married in some luxury resort in the Caribbean or a hotel in Beverley Hills. Her own back yard with just the people who matter most is more Jamie Lynn's style."

Big sister Britney is set to be Jamie Lynn's maid of honour, while Casey's sister Ashlee is expected to be a bridesmaid.

METRO NEWS SERVICES

celebrity brief

Nielsen's drinking was out of control

RECOVERING Former actress Brigitte Nielsen was so hooked on alcohol she heard voices in her head telling her to drink more, imdb.com reports. Nielsen checked into rehab a year ago as her drinking spiralled out of control.

METRO NEWS SERVICES

celebrity brief

Brit to film new reality TV series

PEOPLE Britney Spears is rumoured to be filming a new reality TV show, femalefirsts.co.uk reports. The pop star has reportedly ordered her entourage to carry professional video cameras with them at all times to capture her antics on film.

METRO NEWS SERVICES

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